

AFTERSCHOOL SNACK PROGRAM (ASP) SAMPLE MENU FOR AGES 6-18

This ASP ten-week menu provides snack ideas for ages 6-18. Portion sizes are indicated in parentheses after each menu item, and can be adjusted for ages 3-5. Menu planners should use the [Food Buying Guide for School Nutrition Programs](#) to determine the specific food amounts that meet the minimum serving size for each meal pattern component. In addition to meeting the ASP meal pattern, snacks served in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes must comply with the Connecticut Nutrition Standards (CNS). For more information, see the CSDE's [HFC](#) and [CNS](#) Web pages, and the CSDE's [List of Acceptable Foods and Beverages](#).

ABBREVIATIONS: The abbreviation to the left of each menu item indicates the meal pattern component.

GB = Grains/Breads

MA = Meat/Meat Alternates

VF = Vegetables/Fruits

M = Milk

O = Other Foods (*noncreditable*)

A = Additional Items (*creditable foods served in addition to the minimum required components*)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GB Whole grain-rich (WGR) zucchini bread ¹ (2 ounces) MA Low-fat yogurt (½ cup) O Water ²	GB Whole-corn tortilla ¹ (1 ounce) with sliced ham and shredded low-fat cheese (1 ounce) MA O Water ²	VF Carrot sticks (¾ cup) with low-fat ranch dip (2 tablespoons) O GB Whole-grain crackers ¹ O Water ²	GB Whole-grain pita ¹ (1 ounce) with peanut butter (1 tablespoon) and banana slices (¾ cup) A M Low-fat or fat-free milk (1 cup)	VF Cantaloupe and watermelon chunks (¾ cup) GB Whole-grain roll ¹ (1 ounce) O Water ²
VF Apple slices (¾ cup) with peanut butter (2 tablespoons) and raisins (1 tablespoon) MA A O Water ²	GB WGR animal crackers ¹ M Low-fat or fat-free milk (1 cup)	VF Mandarin oranges and pineapple tidbits (¾ cup) MA Low-fat vanilla yogurt (½ cup) A Whole-grain granola ¹ (1 tablespoon) O Water ²	MA Sliced turkey and cheese (1 ounce) with WGR crackers ¹ (1 ounce) GB A Papaya cubes (½ cup) O Water ²	VF Cucumber and carrot slices (¾ cup) with low-fat dip (2 tablespoons) O GB WGR pretzel twists ¹ (1 ounce) O Water ²
GB Whole-grain roll ¹ (1 ounce) MA Hard-boiled egg (½ large) O Water ²	VF Banana, one large (¾ cup) GB Whole-grain granola bar ¹	GB Whole-corn tortilla ¹ (1 ounce) with shredded cheese (1 ounce) MA O Water ²	VF Carrot-raisin salad (¾ cup) GB Whole-wheat crackers ¹ (1 ounce) O Water ²	GB Mini whole-wheat bagel ¹ (1 ounce) with peanut butter (1 tablespoon) A M Low-fat or fat-free milk (1 cup)
MA Part-skim Mozzarella cheese stick, (1 ounce) VF Green grapes (¾ cup) O Water ²	VF Celery sticks (¾ cup) stuffed with peanut butter (2 tablespoons) and raisins (1 tablespoon) MA A O Water ²	MA Low-fat yogurt (½ cup) VF Blueberries (¾ cup) O Water ²	VF Sliced peaches (¾ cup) GB Whole-grain cereal ¹ (¾ cup) O Water ²	MA Sunflower seeds (1 ounce) VF Fresh plums (¾ cup) O Water ²
GB Whole-grain crackers ¹ (1 ounce) MA Low-fat cheese cubes (1 ounce) A Apple slices (½ cup) O Water ²	VF Fruit salad — oranges, bananas, sliced grapes, pineapple (¾ cup) MA Vanilla low-fat yogurt (½ cup) A Whole-grain granola ² (1 tablespoon) O Water ²	GB WGR golden cornbread ¹ (1 ounce) M Low-fat or fat-free milk (1 cup)	GB Trail mix (whole-grain cereal (¾ cup) and raisins (1 tablespoon)) A VF Strawberries (¾ cup) O Water ²	VF Jicama sticks (¾ cup) with low-fat Ranch dressing O GB Whole-grain bread sticks (1 ounce) O Water ²
VF Cinnamon applesauce (¾ cup) with raisins (1 tablespoon) A GB Whole-grain cereal ¹ (¾ cup) O Water ²	GB Choice of whole-grain cereal ¹ (¾ cup) M Low-fat or fat-free milk (1 cup)	MA Low-fat cottage cheese (½ cup) with pineapple tidbits (¼ cup) VF VF Orange juice (½ cup)	GB WGR Blueberry muffin ¹ (2 ounces) VF Orange wedges (¾ cup) O Water ²	A WGR pasta veggie salad (½ cup veggies) and low-fat cheese cubes (1 ounce) VF MA VF Orange pineapple juice (½ cup)

ASP SAMPLE MENU FOR AGES 6-18, continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GB WGR crackers ¹ VF Watermelon chunks (¾ cup) A Low-fat or fat-free milk (1 cup)	MA Hummus (chickpea dip) (¼ cup beans) with GB Whole-wheat pita wedges ¹ (1 ounce) A Shredded carrots (¼ cup) O Water ²	GB WGR pumpkin cranberry muffin (2 ounces) M Low-fat or fat-free milk (1 cup)	VF Garden salad (¾ cup) with low-fat Italian dressing (2 tablespoons) GB WGR garlic bread sticks ¹ (1 ounce) O Water ²	VF Fresh berries (¾ cup) topped with low-fat yogurt (½ cup) and whole-grain cereal (¾ cup) GB Water ²
GB Whole-wheat pita bread triangles ¹ (1 ounce) with MA Low-fat shredded cheese (1 ounce) A Salsa (¼ cup) O Water ²	VF Pineapple chunks (¾ cup) M Low-fat or fat-free milk (1 cup)	VF Cucumber tomato salad (¾ cup) with low-fat dressing GB Whole-grain roll (1 ounce) O Water ²	GB WGR biscuit ¹ (1 ounce) with sliced strawberries (¾ cup) and low-fat yogurt (2 tablespoons) A Water ²	MA Chicken salad (1 ounce meat) in WGR pita pocket half ¹ (1 ounce) with lettuce and tomato (¼ cup) GB Water ²
GB Whole-grain mini bagel ¹ (1 ounce) with whipped light cream cheese (½ tablespoon) VF Pineapple juice (¾ cup)	MA Fruit smoothie made with low-fat yogurt (½ cup) and berries (½ cup) GB WGR graham crackers ¹ (2 large) O Water ²	VF Broccoli and cauliflower (¾ cup) with low-fat dip (1 ounce) GB Whole-grain crackers ¹ (1 ounce) O Water ²	GB Soft WGR tortilla shell ¹ (1 ounce) with refried beans (¼ cup) and cheese (½ ounce) A Lettuce and tomato (¼ cup) O Water ²	VF Dried fruit mix — apples, raisins, apricots (¼ cup) VF Assorted 100% juice (½ cup) GB WGR hot pretzel ¹ (1 ounce)
MA Turkey (½ ounce) and low-fat cheese (½ ounce) in GB WGR tortilla shell ¹ (1 ounce) A Orange wedges (½ cup) O Water ²	GB Three-bean salad (¾ cup) M Low-fat or fat-free milk (1 cup)	GB WGR waffle ¹ (1 ½ ounces) VF Seasonal berries (¾ cup) O Water ²	A Peanut butter (2 tablespoons) and jelly (½ tablespoon) on GB Whole-wheat bread ¹ (1 slice) M Low-fat or fat-free milk (1 cup)	GB WGR bread sticks ¹ (1 ounce) VF Celery sticks and cucumber slices (¾ cup) with herbed low-fat cottage cheese dip (¼ cup) A Water ²

- ¹ All grain products must be whole grain or enriched and meet the minimum serving sizes in *Serving Sizes for Grains/Breads in the Afterschool Snack Program*. Breakfast cereals must be whole grain, enriched or fortified. Serve whole grains most often and substitute whole grain-rich (WGR) products for enriched products. For more information, see *Criteria for Whole Grain-rich Foods* and *Identifying Whole Grains*.
- ² Water can be offered in addition to, but not in place of, the two required snack components. Menus cannot offer a choice between water and milk or juice.



For guidance on writing compliant snack menus, see the [ASP meal pattern](#) and the CSDE's [ASP Handbook](#). For more information, visit the CSDE's [ASP](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/snack/aspsamplemenu.pdf.

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